

EFT Card on Phobias and Fear of Danger

Setup Phrase:

Tap over the heart or on the side of your left hand, while saying the following three statements (edit words as needed):

Even though... I have this fear of _____, I am willing to see this differently... in all respects.

Even though... this thought about _____ really bothers me & makes me anxious...I choose peace instead.

Even though... my fear seems so strong... I want to move beyond it... I choose a happy & peaceful outcome.

Tapping Points:

Top of Head: I release all the fear... all the anxiety... and all feelings of nervousness. My goal is peace.
Eyebrows: I choose a peaceful outcome for myself... for this situation... and for everyone involved.
Side of Eye: I call upon the Holy Spirt, my Teacher of Peace... to handle every detail... on my behalf.
Under the Eye: I am willing to trust... that I and my loved ones are safe... God's Plan includes all of us.
Under the Nose: I release all the fear...and all the roots and causes...of all the fear. I choose peace instead.
On the Chin: I accept God's Plan... as my only plan... I have no other plan... I am entitled to peace.
Collarbone: As I accept His Plan... without hesitation...I am assured of a peaceful & positive outcome.
Over the Heart: I am safe...and free from harm of any kind... in the Light & Safety of God's Heavenly Love.
Center of Chest: I am as God created me...I am under no laws but God's...I am safe and secure at all times.
Side of the Hand: Divine Love answers my every need... and responds fully to my slightest invitation.
Inside the Knees: I rely on God's strength and not my own... In His Love, I am forever free & safe from harm.
Over the Heart: I make room for Guidance... along with the Highest, Happiest & most Positive Outcome.
Center of Chest: Thank You God...for Deciding for Me...I borrow Your certainty...that I have nothing to fear.

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